

# CACFP Meals for Children 1 - 12 years

Iowa Child and Adult Care Food Program  
(Post where meals are prepared and served)



|  | Ages 1-2        | Ages 3-5        | Ages 6-12 <sup>4</sup> |
|--|-----------------|-----------------|------------------------|
| <b>BREAKFAST</b>                                   |                 |                 |                        |
| Milk   | ½ cup           | ¾ cup           | 1 cup                  |
| Juice or Fruit or Vegetable <sup>1</sup>           | ¼ cup           | ½ cup           | ½ cup                  |
| Grains or Bread <sup>2</sup> or Alternate          | ½ serving/slice | ½ serving/slice | 1 serving/slice        |
| Including cereal, cold dry                         | ¼ cup*          | ⅓ cup**         | ¾ cup***               |
| or cooked cereal                                   | ¼ cup           | ¼ cup           | ½ cup                  |
| <b>SNACK (Select 2 of the 4 components listed)</b> |                 |                 |                        |
| Milk   | ½ cup           | ½ cup           | 1 cup                  |
| Juice or Fruit or Vegetable <sup>1</sup>           | ½ cup           | ½ cup           | ¾ cup                  |
| Meat or Meat Alternate                             | ½ ounce         | ½ ounce         | 1 ounce                |
| or egg (large)                                     | ½               | ½               | ½                      |
| or cheese  | ½ ounce         | ½ ounce         | 1 ounce                |
| or cheese food, cheese spread                      | 1 ounce         | 1 ounce         | 2 ounces               |
| or yogurt  | ¼ cup           | ¼ cup           | ½ cup                  |
| or cottage cheese                                  | ⅛ cup           | ⅛ cup           | ¼ cup                  |
| or cooked dry beans/peas                           | ⅛ cup           | ⅛ cup           | ¼ cup                  |
| or peanut butter (nut or seed butter)              | 1 Tbsp.         | 1 Tbsp.         | 2 Tbsp.                |
| or nuts and/or seeds <sup>3</sup>                  | Not recommended | Not recommended | 1 ounce                |
| Grains or Bread or Alternate <sup>2</sup>          | ½ serving/slice | ½ serving/slice | 1 serving/slice        |
| or cereal, cold dry                                | ¼ cup*          | ⅓ cup**         | ¾ cup***               |
| or cooked cereal, rice, pasta                      | ¼ cup           | ¼ cup           | ½ cup                  |
| <b>LUNCH OR SUPPER</b>                             |                 |                 |                        |
| Milk   | ½ cup           | ¾ cup           | 1 cup                  |
| Meat or Poultry or Fish                            | 1 ounce         | 1½ ounces       | 2 ounces               |
| or egg (large)                                     | 1               | 1               | 1                      |
| or cheese  | 1 ounce         | 1½ ounces       | 2 ounces               |
| or cheese food, cheese spread                      | 2 ounces        | 3 ounces        | 4 ounces               |
| or yogurt  | ½ cup           | ¾ cup           | 1 cup                  |
| or cottage cheese                                  | ¼ cup           | ⅜ cup           | ½ cup                  |
| or cooked dry beans/peas                           | ¼ cup           | ⅜ cup           | ½ cup                  |
| or peanut butter (nut or seed butter)              | 2 Tbsp.         | 3 Tbsp.         | 4 Tbsp.                |
| or nuts and/or seeds <sup>3</sup>                  | Not recommended | Not recommended | 1 ounce                |
| 2 Vegetables and/or fruits to total <sup>1</sup>   | ¼ cup (total)   | ½ cup (total)   | ¾ cup (total)          |
| Grains or Bread or Alternate <sup>2</sup>          | ½ serving/slice | ½ serving/slice | 1 serving/slice        |
| cooked rice, noodles or pasta                      | ¼ cup           | ¼ cup           | ½ cup                  |

<sup>1</sup> Juices must be full strength 100% juice. For snack, juice cannot be served when milk is the only other component. Juice may contribute up to half the fruit/vegetable at lunch and supper. Only one serving of juice per day is recommended.

<sup>2</sup> Use whole grain, enriched or fortified breads, cereals, or pasta. See the Handy Guide to Creditable Foods List for amounts.

<sup>3</sup> Caution, children under 5 should not be served nuts. Older children may have up to 1 ounce of nuts or seeds at any one meal.

<sup>4</sup> The minimum quantities listed must be served. Children may be served larger portions based on their individual food needs. Programs serving migrant children may claim meals through age 13 and At Risk Afterschool Snack Program and homeless shelter participants may be served through age 18.

\* ¼ c or ½ oz, whichever is less, \*\* ⅓ c or ½ oz, whichever is less, \*\*\* ¾ c or 1 oz, whichever is less.

Tbsp. = Tablespoon

Cup means a standard measuring cup